



Happy Oktoberfest!

Annual parade
hits the streets
of Kitchener.
Pages 6 and 7

SPOKE

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CONESTOGA COLLEGE, KITCHENER, ONT.

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More than just a fashion show

BY JENNIFER BAKER

When most people think of Oktoberfest, visions of daisies, beerbrauts and polka hats come to mind. But also taking center stage was the A Blooming After Fashion show, which walked the runway, treating guests to a red carpet, great fashion and a lot of style.

The show, which was held Oct. 8, began as a fashion show, eventually transforming into a fashion event featuring clothing designed and made for female hogel members. Entering its 10th year, a lot has changed.

This event, which now attracts over 600 people each year, showcases the area's top local fashion.

From casual wear to lingerie, this year's show featured local retailers from Kitchener-Waterloo, St. John's and New Glasgow.

Representing every age-model walked the catwalk wearing garments from 15 local women's boutiques and designers from GAP Kids and Spencer.

The event featured for the first time a runway show put on by the Kitchener-Waterloo Christian Official Street Show, appearing in Oktoberfest for the first time, perfect for that beer-drinking night on the town.

Tony Van Katschek has been the committee's chair for five years and said she has seen the show go through a lot of changes, including the addition of German dancers this year, which the commit-tee hoped would provide a little Oktoberfest flair.

"To be honest that's the first time we've done something like that in a long time," she said. "I think that over the years there have always been the same people who come to the show, there's been a whole segment I think people don't remember it's Oktoberfest."

Also pushing the envelope, this year was Vanessa's Fine Linen and Lingerie, based out of Kitchener.

Representing the red with red, Vanessa's Fine Linen and Lingerie, of the lingerie line, Vanessa's models were transformed from domestic ladies to powerful women sporting black undergarments accented with



Model struts their stuff in clothing from Vanessa's Fine Linen at the A Blooming After Fashion show at Kingwood Oct. 8.

beaded riding crops and heels. But the evening's highlight wasn't just about fashion. Every two years, A Blooming After models are charitable representatives to raise money for.

This was the second year the show helped raise awareness and cash for Frodo Stables, an organization that supports children with disabilities who participate in therapeutic horseback riding.

The committee's decision to add a charitable component wasn't made right from the start, began with Rob Nadeau. Wanting to give back to the community, the committee decided not to support just

one organization exclusively, but offered each group such one of them a chance to tell their story and present a proposal.

Van Katschek's help with A Blooming After.

"What's great about it is that the kids model in the show and they get involved with selling raffle tickets beforehand," she said. "It's not just that they're there at the end and to be honest to be honest, they're really a person who is very important to us."

Headliners Blackman, executive director of Frodo Stables, and her organization was thrilled to have been a part of

the event for the past two years.

"People are often unaware of the type of programs and services that are offered to their communities," she said. "Events like A Blooming After are a great way to reach a lot of people."

According to Frodo Stables website, the benefits of horseback riding are multi-dimensional.

Lessons are based on recognizing, which enables each rider to learn at his or her own pace. Participating in equestrian lessons also builds special friendships between the riders, the horse, volunteers and staff members.

"Therapeutic riding uses the

horse as an instrument. The combination of the horse's movement, which simulates the human walking motion and its higher body temperature serves to supply passive heat energy to the rider's muscles thereby reducing any muscle tension or strain while the muscles relax. Riders also participate in exercises to improve their muscle strength and flexibility in their upper body."

Frodo Stables will receive a portion of the money raised from raffle ticket sales. MacKenzie said with the evening's large turnout, she hoped to exceed last year's total of \$1,500.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your favourite thing
about fall?



"Pumpkin pie!"

Chris Patterson,
second year
business administration
accounting

"I love Thanksgiving and
going home and seeing all
of my friends."

Courtesy Griffin,
first year
CBA



"The cold, honestly it
makes me feel warmer."

Della Lebeck,
second year
business administration
accounting

"Fall clothing (wearing
jeans, not shorts)"

Jasni Lantieri,
first year
CBA



"Cruelty toward!"

Frank Bialinski,
second year
business administration
accounting

"I get to comfortably wear
pants again."

Michael Alibek,
second year
business administration
accounting



Sally Carstairs, you must be current president!

Canada celebrates Citizenship Week

BY CALEEN MCLELLAN

From Chinatown and Little Italy in Toronto, to Kitchener's annual K-W Multicultural Festival, everyone can see the diversity that exists across Canada.

And while we should be proud to be Canadian every day of the year, Citizenship and Immigration Canada "encourages all Canadians to reflect on the value of citizenship and what it means to be Canadian," particularly during Canada's Citizenship Week, which will take place from Oct. 15-21.

According to an Oct. 14, 2011 news release entitled, "Celebrating Our Citizenship through Canada's Citizenship Week 2011," in 2010, "more than 143,000 newcomers became citizens."

But the process of becoming a Canadian citizen is both rewarding and challenging for many, and according to Louis Harrison, executive director of the Kitchener-Waterloo Multicultural Centre (KWMC), there are many obstacles that Canadian newcomers face.

"Some of our services give general advice, and sometimes a long time," Harrison

said, adding that the ones that take a long time are the most memorable.

An example she gave was a woman who was a victim of domestic violence, with limited language skills, who didn't safety and became self-sufficient within the community. "On a foreign trained teacher, who after 10 years, is now in a classroom. There are the most memorable experiences for me, because the commitment was so large on their part."

And there are the people who should feel most proud to say they are Canadian, or that they are working toward becoming Canadian, during Canada's Citizenship Week. Sybil Miskin, who became a Canadian citizen when she was 15, is one of those people.

"I'm proud to be Canadian in every aspect," said Sybil Miskin. "Canada takes care of its citizens and gives them all equal rights."

Harrison, who was born in Holland, is also a proud Canadian citizen.

"There is nowhere else I would want to live," she said, adding that Canada can always do better.

And Harrison herself strives to do better each and every day for the people she serves, because working with these people also teaches us what the future must look like.

The Kitchener-Waterloo Multicultural Centre, which is located in Kitchener at 100 King St. W., provides services such as settlement counselling, employment services and language interpreter services. There is also staff available to help newcomers fill out necessary documents to prepare them to become Canadian citizens.

A great way to celebrate your citizenship this year would be to donate to the KWMC, or volunteer their ongoing programs on their journey to becoming Canadian citizens.

For more information about the centre, visit our home on us in Kitchener.

Stories written by Canadian citizens born abroad about what Canada means to them, and more information about Canada's Citizenship Week can be found on the Citizen and Immigration Canada website at www.cic.gc.ca, or on their Facebook and Twitter pages.

DOWNTOWN KITCHENER BECOMES A BAVARIAN VILLAGE



PHOTO BY CALEEN MCLELLAN

The intersection of King and Frederick streets and King and Boston in downtown Kitchener were closed during Thanksgiving weekend to mark the beginning of Oktoberfest, "Willkommen!," one of the city's many Oktoberfest celebrations, ran until Oct. 13 and included a free live children's entertainment, traditional Oktoberfest food, and, of course, a barge.

The handwriting reveals it all

BY STEPHEN BENTLEY

Next time you're sitting with your friend, get them to write a few lines on a sheet of paper. If their handwriting forms words called the "lethal stars," then stop hanging out with this person and definitely don't go into business with them.

That's what forensic hypnotist Mike Mandel told students during his visit to Connecticut College's Seminars on Oct. 2.

He displayed an example of the lethal stars, which is a letter that curves downward like a frown, and forms a hook when someone makes a letter.

He said that in what reveals major personality problems such as psychopathy and can temporarily appear in teenage girls' writing, but disappear once a while.

"The question today is, are you doing a psychopath?" he told the students. "Let your friends, people you don't need to care about or your family members to write a couple of lines on a sheet of paper."

He added that there are times when the findings to someone's writing can be shocking, and it's an accurate depiction of what that person is really like.

Mandel, who has been involved in a number of different directions since throughout his career, mainly focuses on forensic hypnosis and forensic handwriting analysis.

When he was starting his career, he worked for a company called the Police Channel in the early 1980s. The company assigned an officer to guard a person's house all day, every day.

Mandel knew an officer, who he called the "cousin." His cousin lived again, who was assigned to help a woman who claimed that her cousin found her writing her. The officer, in turn, worked the

mother for six consecutive nights. He got the so-called cousin's handwriting and was able to fully analyze it. From there, the officer diagnosed all of the cousin's personality problems and was trained to stalk him.

At the end of the six nights the officer called the cousin, found at his house at 3 a.m., and told him that he knew he was getting up to commit at that moment, that he knew he had stolen the shoes, he knew when he stopped, he knew the Vice number, his MasterCard number, his MasterCard number of his brother who lived in Vancouver and his license plate number.

When the psychologist asked him who he was, the police officer ended the call by saying that if he stole his neighborhood one more time, they would meet face-to-face, and it would "not be pleasant." The stalking stopped at that point.

According to Mandel, most people's emotions show up in their handwriting. He went on to describe another case about a doctor at one of the hospitals in Toronto. The doctor would go into a room where an expectant mother was, and would tell her after doctors that "they were due for a still-born baby today." He was also said to have gone into operating rooms and killed blood at the patients during surgery.

The officer doctors were questioning whether or not their colleagues had a mental disorder as if his past had a very dark scene of homicide. Mandel was able to get his handwriting, and after a full analysis, confirmed that the doctor showed signs of psychopaths, violence, intentional deceit, deceptive manipulation, and possible psychopathy. The doctor ended up being fired.

"One of the things I'm able

to see is how to detect things like their handwriting," said Mandel. "The writing is accurate 100 per cent of the time and it never lies."

The second part of Mandel's presentation was how to detect when someone is lying. "If someone tells you a story and they give you a whole bunch of information, then they are probably lying, he said. "When they give you uncorroborated information, it's because they know that they're lying and they feel they're not being convincing enough."

Mandel instructed the students to take someone's story backwards in their heads to test if someone is lying, and ask the person what happened before a particular part of their story. If the person can't remember what he said, then he is lying. Mandel said that happens because people usually only remember their stories forward.

He concluded his presentation by asking a Connecticut student to come up to the stage for a "long report man." The student, however, was shown a card. Mandel asked him what the card was, and the student had to keep saying as to everything. This was so Mandel could detect what the student would do when he was telling a lie.

At one point, the student began to laugh when he said that his card wasn't the one Mandel asked about, leading Mandel to believe that he was lying.

He asked the student to stand up and several voices said it was, and it ended up being the one Mandel had chosen as the student's card.

"I can always catch someone's patterns when they tell a lie," said Mandel. "They will almost always do something humorous or unusual when they aren't telling the truth about something."



PHOTO BY MICHAEL BENTLEY

Forensic hypnotist Mike Mandel catches a student, a Connecticut College student, in a lie while performing at the college on Oct. 2.



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- Get a peek inside the Cambridge Fire Department at their Fire Prevention Week open house.
- Learn why students choose the Early Childhood Education program.
- See what students like and dislike about LGBT issues.
- Take a look at the opening of the Optical Illusion Exhibit at Waterloo.
- Learn about different religions and philosophical traditions at the World Religions Conference.

Nature vs. nurture

What shapes who we are?

BY GABRIEL TURKIAN

Who are we really? What shapes us into the people we are today? Is it the experiences we've been through and had to endure our entire lives until this point? Or are we shaped more by the traits we've inherited from our biology?

The debate between nature and nurture has been raging for centuries. The debate centers on whether genetic inheritance or environmental factors contribute more to human development. Nature determines your eye colour, hair colour and even your behaviour and sexual preferences—something you're born with. The nurture side of things involves the way you were brought up, the environments you're in and how you were raised.

If you have identical twins shouldn't they be exactly the same if they have the exact same genes? Why do they always end up having completely different personalities? Both nature and nurture play a huge role in who we become.

You go to make it more likely that you'll get a certain job but we believe that the experiences you go through shape who you become more than anything else.

If one person grew up in a loving home surrounded by friends and received a good education the person likely would turn out differently than, say, a person who had both parents and is struggling to get by.

The choices we make day-to-day are made based on how we were raised, not how we were put together genetically. If you have learned from experience that the store is hot when it's on, you won't make the mistake of touching it when you're older. How can you believe you understand that—it was the experience of being told it's hot or even feeling yourself on it that helped you learn.

Genes may make you a blue-eyed blond, but they don't teach you about life, you learn about that the hard way through trial and error and by watching others.

The comic leaves important questions of the nature vs. nurture debate open, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered for publication. Un-solicited letters will be published. Letters should be no longer

than 500 words. Spokey reserves the right to edit any letter for publication. Email letters to www.spokeyonline.com with the subject line "Letter to the Editor," or bring them to Room 1030 at the Spoke campus.



It is estimated that the K-W Oktoberfest had an economic benefit of \$21 million.

Women need to dress up, not down this Halloween

It's not a day to dress like a slut

The only thing scary about Halloween nowadays is the lack of self respect and class people have.

The last time I checked, Halloween was a time to dress up in a scary or fancy costume. Now, unfortunately, many women prefer to wear sexy to nothing.

They don't define who they are and maybe they don't even like dress that way but what's wrong with a slut and a total slut costume? I tried to roll my eyes when I go to Halloween parties because almost every girl looks exactly like the same. As the movie Mean Girls states, "In girl world, Halloween is the one day a year when a girl can dress up like a total slut and no other girls can say anything about it." I try to hide me that I am a woman here I have class to maintain.

Classmates are if you go to Halloween party wearing an actual costume, you'll get



Kristin Millard
Opinion

more attention, and it will all be positive. If you wear a skirt and tiny shorts, you're not going to stand out. From what I've seen, you're more likely to be told on. There is nothing creative about showing off all of your skin. Skins, maybe you'll get encouragement that you're still "just a slut" but if you want respect, make sure your clothes are in your shorts.

Most days every girl is planning their costume. They are looking forward to getting costumes that are sexy or creative or fun. But, unfortunately a lot of women look forward more to showing off their pants than Halloween's itself.

In many ways a woman is the original with their slutty costumes but they are showing that out the window when Halloween rolls around. If you go to the store and buy a sexy latex costume, you won't be wearing "Best Costume" anymore.

44 is girl world, Halloween is the only day a year when a girl can dress up like a total slut and no other girls can say anything about it. 99

— The movie Mean Girls

Then ask what Halloween is supposed to be about. It's not a costume party or a day to dress up in the style of sexuality and creativity. It's made for a better Halloween.

SPOKE

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GEMÜTLICHKEIT



Miss Oktoberfest for 2001, Lindsay Crutcher, wearing her sash, tiara and Miss Oktoberfest sash, waves to the Oktoberfest Parade spectators who lined King Street on Oct. 8.



Possibly the youngest and smallest member of the Philippine Heritage Band, this boy from Vaughan, Ont., adds to his own to play his trumpet.



The War Amps float makes its way down the Oktoberfest Parade route, as members wave and cheer.



Waterloo Regional Police Force members begin the Oktoberfest parade by riding their motorcycles, flashing their lights and impressing the spectators.

Thanksgiving Monday kicked off with the 44th annual Oktoberfest parade

STORY AND PHOTOS BY STEPHANIE LEFFERTS

Despite a chilly 5 C morning, 200,000 people lined King Street, lawn chairs and King beds in hand to see the 44th Oktoberfest parade.

On Oct. 8, the parade started at Waterloo at Bell Street and continued down King Street to Madison Avenue.

Featuring bands, speakers and organizations, the parade took just under two hours to make its way down King.

As the bands moved along, spectators were invited to vote via text for their favourite one. Just like last year, when the Best was first introduced, the Best Show, Parade King, Best was People's Choice Award.

This year, the Canadian Pickers, from the show on History Channel, were the grand marshals and said they were excited about it.

Two days before the parade, they said they loved Oktoberfest in its "It doesn't burn below," and Shaden Brothers. "But I'd sure come back. I love it."

The two antique collectors were also given the honour of tapping the opening car enemy's bag.

"Apparently I'm the first one to drink from the vinyl on stage," said Scott Cusins. Cusins and Shaden got to ride in a white pickup truck during the parade, a good choice for two western guys.

According to Ben Scheller, vice-chair of the parade, the day was mostly.

"The parade was very well," he said. "The grand marshals were a big hit with the crowd." Still, the parade had a few glitches. The Old Lady in Her Show Band had some mechanical issues which resulted in some spraying water and the Parade King float had to be towed through the last section of the parade.

"It was because of some," said Scheller.

Though they had to be up at the parade watches at 5 a.m., the volunteers were on high spirits throughout the day.

Chris Humpal, one volunteer, said it was difficult being one of the last floats in the parade, especially with a bunch of kids participating.

Humpal said the day itself it was cold and the children were getting ready to get home.

Overall, the crowd was enthusiastic and proud to be with the bands, cheer for the volunteers and cheer on the parade.

The parade judges, Taylor Jones, Sam Kufner, Corrie Oliver and Dave Supina, voted and gave the first place. Festival Award to The Old Lady in Her Show, sponsored by Popcorns. Best of Show, sponsored by Popcorns. Best of Show, sponsored by The Parade King, sponsored by the Parade King. The second place award for the parade.



A parade float from the Old Lady in Her Show band played the violin. The float was one of the many floats that participated in the parade.

EIN PROSIT



Two members of the Schlegelgruppe perform on stage after a ballroom during the Oktoberfest parade.



The Canadian Probers, Sheldon Smith (left) and Scott Coombs, pose at the first parade breakfast on Oct. 8. The couple collected attendees' events over the weekend and wrote the parade grand marshals.



The Canadian Probers (left), Sheldon Smith and Scott Coombs, join New Oktoberfest, Lindsay Gaudin (right) and Mr. DeGallo, president of Oktoberfest, for a beer toast after raising the opening ceremony's flag at Ritscher's Bier Hall on Oct. 5 to kick off Oktoberfest.



The Spicy Sugar team (by their look) at the Birtle Hall competition on King Street in Uptown Waterloo on the morning of Oct. 6.



Women dressed in traditional Oktoberfest costumes, courtesy of the Ship Shop, wave from the stern of the Fire Ship float, smiling at the Oktoberfest parade spectators.



Dorinda College culinary arts students make pastries for the first ever morning parade breakfast on Oct. 8.



Waterloo Centre-MPP John Milloy attempts to do the reverse Chicken Dance at the Oktoberfest evening ceremony on Oct. 5.

Documentary maker releases debut film

BY MIKE WILKIN

Typical 19-year-olds worry about just one thing on a Friday night, not about their current class on a Thursday. However, for Rob Whithard taking a break on stage was on his mind as he sat up until Sept. 27.

That date will be forever etched in his memory because it was the day the second-year University College Institute television student won his first full-length documentary, entitled *The Two of Us*, presented at the Queen's Cinema in Kitchener. The film focuses on Don Harris, a Montreal poet, and how he inspired approximately 18 artists from Kitchener and through to create their own works of art. "The documentary also features Don's biggest influence, his father

Art, and the effect he had on his son's writing."

Whithard's good friend, Peter Skogstad, accompanied the teenager about the documentary idea with a rough script already in mind. Skogstad needed a motivated individual to bring the piece to the big screen and Whithard jumped at the opportunity.

"I knew there would be good money," said Whithard. Skogstad eventually became the project manager and young Whithard handled most of the shooting, filming and editing.

Most of the work for the three-month project was done over the summer, but once September hit, Whithard was overwhelmed.

"It made sense to crunch time when school started. The amount of work was like no sleep



PHOTO BY MIKE WILKIN
Rob Whithard, a second-year University College Institute student, poses with his promotional poster for his documentary, *The Two of Us*.

for like a week. I was just working on the video."

With the Sept. 27 premiere date in the back of his mind, he would work on the documentary one night and sit at his computer the next and so on.

Whithard was beyond excited to have his own production as a movie theater for citizens to vote. "Seeing it and watching other people appreciating it was definitely one of those surreal moments," he said. And the experience was interesting in a way that was hard to describe.

There were about 25 people who attended the single showing at the Queen's Cinema at 8 p.m. Whithard said that since he listed the number of people who could attend, he hopes to have another viewing on a later date with a more suitable time later in the evening.

"The next 100 per cent movie how many people would be making it. But I would estimate around 60 to 80 people."

Whithard plans to fix the documentary in some areas in order to make it a 15 min. feature.

Donna Davidson, a professor of English literature at Centennial College, told Whithard that he thinks the film is delicately aimed and that if there was a few minor adjustments made.

Whithard is also into film, especially his school has a business, Through The Lens Productions & Photos, about three years ago, but it has taken a back seat more recently due to his heavy involvement in film and commitment to school.

Applied Research offers head start

BY STEVE BACCHUS

In today's competitive job market, employers are looking for anything to separate a potential employee from the masses — working on a project with Applied Research can help students do exactly that.

Centennial's Applied Research offers two major projects out of which are introduced to give students an inside look into the real world of industry by allowing them to work hand-in-hand with many companies to develop specific products.

"Students get to try on the reality of what their education has actually done for them," said Andrew McManus, administrative assistant at Applied Research.

The department started back in 2004, but it's only been since 2005 that they have seen major funding due to generous contributions from the Federal Economic Development Agency for Southern Ontario (FedDev).

"Companies do a lot of work on between having employees with job specific knowledge," said Greg Robertson, "a member of Applied Research." However, students in their programs get the advantage of learning both.

Currently there are many projects that Applied Research offers to students depending on which programs they are enrolled in.

One of these interesting projects is "Development of Freshwater Fisheries in Salt Black Flats," which gives participants a chance to work with Donna Jeffery, principal investigator and research assistant, to develop a prod-



PHOTO BY STEVE BACCHUS

Principal Investigator Brian Jeffery (left) and mechanical systems engineering student Doug Burns stand with a laser engineer in their workshop where they work on their project, entitled "Development of Freshwater Fisheries in Salt Black Flats."

uct for Trillium Ltd.

"This is one of the best projects out there," said Jeffery. "It gives students a wide range of things to work on, but if students have interest in a specific area I like to let them explore that too."

Medical and systems engineering (MESE) student Doug Burns was introduced to the project by a professor of his, and he works to help Jeffery with the development of the project.

"The project deals specifically with staff that's involved in my discipline," he said. "It really reinforces everything that I've been learning in both first and second year."

Burns has the opportunity to get a head start on other students and can gain eight months of pre-production work experience by working on the project, this means

toward the eventual four years of experience that he'll need.

"There are certain things I've done on the project that are huge in the industry," he explained. "It really gives you a huge competitive edge over the other graduates."

Burns is one of approximately 60 students who will be completing the results of projects set up through Applied Research.

But what does the future have in store for the department next?

"The program's funding from FedDev expires in March, but they are hoping that will be extended so they can keep providing students with projects to work on."

"We'll just keep applying for as many professional and lab and grants as we can," said Jennifer Fletcher, research projects administrative. "We need to keep Applied Research moving forward."

October Workshops and Networking

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Part 2: October 20 • 9:00 - 11:00 am, Room 2000

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More to come. Please visit Professionals page for complete schedule



- To register via MyCareer:
1. Log in to the student portal
 2. Click the "Services" tab
 3. Click "Login to MyCareer"



Coming soon...
Canada Career Week (November 5-9)
Career-related events and more



CENTENNIAL

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Predators suffer sophomore slump

BY STEVE HORNMAN

It may seem, there's a silver lining in the cloud that was the Twin Cities Predators' sophomore season. It says the team's first-year head coach, Tom Amato,

"We have a very good core of players with skill and character who are reliable," said Amato, whose U.S. squad won the silver medal at the 2010 Winter Olympic Games in Vancouver.

In addition to losing the league's second team, Amato said, the Predators are one of the youngest and most experienced. According to Amato, more than 50 per cent of the players on the 2013 roster were rookies.

"I know nothing about the team except me," Amato said. "My only expectations were that each game we would provide the fans and compete to the best of our ability."

Competition is nothing new to Amato. He has more than 30 years of coaching experi-

ence at the high school and university levels, including stints with Wilfrid Laurier University, York University and the University of Guelph. Coming off a 3-8 campaign in 2012, their first in the league's mid-season Ontario Hockey Conference, Twin Cities struggled significantly on both sides of the ball. With other teams, the Predators were pressed upon by the competition, accumulating an average of 34 points per game while managing to score an average of only 10.

"We need to mature in all areas," Amato said, "but most pressing at our own game in offense."

One of the bright spots for the Predators this season was the team's secondary, thanks in large part to the emergence of second-year free safety John Mackey. Mackey, who led the team with six interceptions, including one for a touchdown, said the team was initially apprehensive about playing under a new head coach.

"Getting a new head coach at-

tempts a little nerve-racking," said Mackey, 31. "But he has enough to make us a playoff contender." It's to be said with all the players.

"After the first week of practice all of those questions were gone. Coach (Amato) isn't just micromanaging in any old thing that happened in the team and is ready to take the guys who want to play this game the way it should be played and run a change package. I wouldn't trade him for anyone."

Amato, who was named Ontario's first-team All-Star coach of the year in 2005, and again in 2007, said he strives to create a balance between amateur and professional.

"I primarily consider myself a teacher who is also intense about competition. I ask the players to be disciplined and focused and to play the game hard and intelligent."

According to Mackey, who was one of two Predators to make the 2013 OAC all-star team, the biggest struggle throughout the season was not the game

up of losses, but the matter over some of his teammates' discipline during the stretch.

"The hardest part was getting over the end without a win and seeing guys start to disappear from practice," he said. "It's like trying to dance a waltz on a wooden wheel. The car is in the end and strong and weak, but you can't run it without the wheels turning underneath you."

Despite the league's motto of the team, both Amato and Mackey said there were moments when the Predators showed their focus. One in particular came in week six when they faced the initial offense of the London Revolution, who finished the season atop the league standings at 7-1.

Though the Preds lost the game 30-13, Amato said it was a defining moment for his players.

"Everything came together and you could feel the team's intensity as we saw their enjoyment of playing the game, both on the sideline and on the playing field," he

said. "We got significantly better as for most of the game but we came together as a team and defensively shut them down for the rest of the game," Mackey added.

"We didn't win, but we showed heart." While Twin Cities would go on to drop their final two games, including a 20-20 loss to the Brampton Beast on their Sept. 19 season finale, Mackey said he has high hopes for next fall.

"I have complete faith in the coaches, my teammates and myself that we will do great things next season," he said. "And I plan on working my ass off in all the seasons to get ready for it."

Amato, who said he intends on returning next season, said that's precisely the attitude he expects from his players moving forward.

"At the end of the day we are not defined by a record, but by the effort put into achieving a goal," he said. "The lesson learned today will pay off tomorrow."

'I love boobies' promotes awareness, reduces shame

BY AMANDA SHAW

They can be found on the sides of children, teenagers and people in their 80s and some as plaques of shame. "I love boobies" boobies are large rubber boobies enclosed with the phrase, but many people don't know the meaning behind the jewelry.

They think it's just a cheeky way to say something that otherwise might be inappropriate.

The "I love boobies" can

people was founded by the Keep A Breast (KAB) Foundation to "remove the shame associated with breasts and breast health."

KAB is a youth focused, global, non-profit breast cancer organization.

According to their official website, www.Keep-A-Breast.org, KAB's mission is to "eliminate breast cancer for future generations." The "I love boobies" campaign specifically focuses on youth and tries to bring awareness to

the issues by speaking to young people in their own voice.

Despite KAB's campaign, it seems most wear people are missing the message. Rhyler Crawford is an employee at a popular clothing store (which has a policy against publishing the store name) in Killeen's Famous Wall that carries the I Love Boobies bracelet which sells for \$5. "People only wear the bracelets if we tell them," she said. "It's not a huge seller so

I don't talk about it much."

It's also missed message that has led to controversy. In 2010, two girls from a high school, aged 11 and 12, were suspended from school for wearing the bracelets. They said the school district and after-school religion and campaigns, a police raid on their house in 2011.

Keaton Adams Hansen, a 14-year-old, English high school student, was equally confused about KAB. "I have more I love boobies

bracelets," she said, but when asked if she knew where the money for her bracelets came from, she answered, "That's the proceeds go to the breast cancer foundation." She was also KAB takes the money they raise and distributes it to different breast cancer research and awareness programs that they run.

For more information on KAB, or purchase their merchandise or learn more about their programs, go to www.Keep-A-Breast.org.



PHOTO BY AMANDA SHAW

Keaton Adams Hansen, 14, shows off her Keep A Breast "I love boobies" bracelets in support of breast cancer awareness month.



COUNSELLOR'S CORNER: Roommates

Sharing living space with a stranger, or even a friend, can be quite different from living with your family. Things are simple as how long you stay in the shower or when to keep the lights on (or make decisions between people who aren't used to living together. Do you can you use the bathroom then family life is living with a roommate?

One way to avoid conflicts is to establish some ground rules. For reference, does it drive you nuts if the dirty dishes are still in the sink the next morning? Do you have a "high tolerance" that have your roommate extremely frustrated by the end of September?

Some areas to discuss include:

- space: private versus common areas
- food: guests, shared? designated fridge space?
- quiet hours for morning, study time and at night
- guest policy

Living with a roommate isn't all about rules and compromises, but it's much easier to set guidelines now, before you start getting on each other's nerves.

For more help on this topic or other areas of growth or concern, make an appointment to talk with a counsellor at your campus location.

A Message From Counselling Services.

Seasonal predator strikes again

BY JESSICA DUTCHER

With summer gone and the cold weather upon us, people are staying indoors more, resulting in the cold virus being transmitted more easily.

Cold, everyone has experienced the pain and frustration that has led to many of us left without a solution.

One common myth that many believe is that taking vitamin C makes a cold less severe or shorter. According to research, it does not. Therefore, it is not recommended to up the dosage of vitamin C. However, taking the vitamin before you become ill can help ward off the virus.

The best way to avoid getting a cold has been maintained a thousand times – wash your hands. This can cut a person's ability to catch the virus in half. The warm water and soap kill germs, but make sure to wash thoroughly. You should sing happy birthday twice before lathering off the suds.

Kathy Sawyer, a graduate

of Cosatu College's nursing program, strongly recommends washing your hands.

"Always wash your hands, especially before you eat," Sawyer said. "Wash into your elbow and wash your hands after you sneeze or cough."

Sawyer said another way to avoid a cold, especially when symptoms are beginning to show, is to get an adequate amount of sleep.

Sleep and the immune system are tightly linked, so extra sleep is needed.

According to medical research, suggests that poor sleep can increase your chance of getting sick.

Another way to stay healthy is to exercise. According to medical research, research shows that postmenopausal women who exercised for one hour had far fewer colds than women who didn't.

Another tip is don't touch your face. According to research, the average person touches their face up to 14 times per hour. The easiest way for viruses to spread is

through nose secretions such as the mouth, nose and eyes.

The cold virus can live up to 24 hours on inanimate objects, so if you touch an object then touch your face, you are greatly increasing your risk of getting a cold.

Sawyer also mentions your health and staying away from sick people are good ways to avoid becoming ill, although that won't help you in public places such as school.

"The cause of cold viruses that could be carrying the virus," Sawyer said.

Students at Cosatu College have their own ways to ward off colds.

"But lots of times and don't drink milk – it only makes it worse," said Chelsea Arnett, a Cosatu College broadcast journalism student. "I think that getting pills or vitamins are OK, especially when you're prone to catch."

"To a prophylactic? I wash my hands all the time," said Allison Moffat, a Cosatu College broadcast journalism student. "I wish my hands prob-



Photo by Jessica Dutcher

Kathy Sawyer, a 16-year-old student at Haven Heights secondary school in Richmond, leans on a couch to help her overcome the common cold.

ably 15 times a day and use hand sanitizer because I don't want to get sick."

Another thing to remember is that taking cold medicines will not get rid of the virus.

"Cold medicine don't help you get over it, they just make the symptoms more tolerable," the cold, however, is going to run its course," Sawyer said.

Being a parent and student can be overwhelming



Photo by Jessica Dutcher

Chelsea Arnett balances school and motherhood

BY JESSICA DUTCHER

The majority of parents available today require post-secondary education. This is why adults are putting their knapsacks back on. They are trying to juggle their financial situation while also achieving a career goal.

A 2000 study done by www.collegeboard.org found that 41 percent of college students are over the age of 21. This means that people with children are also upgrading their skills by going back to school.

With all students facing the pressure of keeping up a high GPA and how that can cut away at your social calendar, imagine being a

child, managing academics all over your timetable while you study.

This is a reality for many parents who number the post-secondary world. Juggling between classes and playtime, parents have to find a balance between being a "mommy" or "daddy" and being a student.

Chelsea Arnett is one of those parents.

She is a second-year Cosatu College student in the office administration, business program and is also a broadcast journalism student.

Arnett decided to go back to school so that her son could have a brighter future. Being the sole provider, she realized that college may take away from the time they get to share together, but in the long run it will give them financial security and a better life. Though Arnett said keeping the weight balanced can be overwhelming, she tries to enjoy the moments she shares with her son after school is out for the day.

"When I pick him up from day care so when he goes to bed it is his time with me," said Arnett.

Though both school and a young boy, Arnett has come up for parents who are thinking of going back to school. "Depression, mood swings,

losing advantage of my time, keep on top of all work and make sure to spend time with your kids or wife."

Having determination to succeed in school is a great goal, but how are parents able to handle the financial burden too? Once fall 2011 the average tuition cost for an undergraduate has risen five per cent across Canada, according to a Sept. 12 CBC article. With tuition constantly on the rise, parents who are returning to school may expect to feel their pockets emptying too, but there are financial aid options.

Student loans and OSAP can help cover the cost of schooling based on the average salary of yourself or your spouse. For those people who are on higher need, grants and scholarships are available. Not only can you find scholarships for programs of study but there are also specific ones based on being a caregiver.

At www.scholarshipscanada.com you can easily search for scholarships that would apply for yourself as well as multiple scholarships for single parents.

Getting support from family and friends for this transition in life is essential, but keep in mind this paragraph: changing is just as important.



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Plunging into debt

Website promotes volunteerism

The cost of providing our seniors with health care is taxing Canadians

BY BRAD COHENMAN

Young taxpayers might be afraid of expenditures exceeding their wallets after a Statistics Canada study detailed the country's aging population.

Population Statistics released by the agency on Sept. 12, found that the senior population has increased by 57.6 per cent in the past 30 years. Seniors currently represent 14.6 per cent of the total population.

The elderly population's growth is due to both fertility increases and a decline in the nation's birth rate — the population of children fell 3.6 per cent.

While increased life expectancy due to advances in modern medicine plays a small role in the issue of ageing, the cost of providing them with care weighs heavily on Canadian taxpayers.

Figures from the Canadian Health Services Research

Foundation reveal that in 2006, seniors cost Canada \$50,742 per person per year, in comparison to the \$2,097 for those under 65.

Jeanne Clarke, a medical sociologist at Wilfrid Laurier University, believes there are two things driving up the cost of senior health care.

"Most people still die in hospital and that last two or three weeks of life is extraordinarily expensive," said Clarke. "People who are going to die should be moved to a hospice."

Ontario's Local Health Integration Network (LHIN) is taking a step in that direction with its Aging at Home Strategy. The strategy aims to aid seniors living at home by increasing support services. But, the program will cost taxpayers 4700 million over three years.

"The elderly have been mis-served," Clarke said, meaning they're often taking too long prescribed medications

"The medical system mistreats these expenditures."

Clarke and others specifically the stereotypical relation between seniors and degenerating health, leads health-care professionals into unnecessary testing. These tests such as cancer screening and blood work are costly.

More likely to be misdiagnosed, seniors are more likely to end up back in the hospital. Juggling medication is increasingly being prescribed interfering medication and simple over-the-counter increases the chance of falls.

"Over-medication could be one major reason of elderly people going into the hospital," Clarke said.

LHIN estimates that the senior population will double in the next 10 years. Along with programs targeted at decreasing medical budgets, young and middle-aged taxpayers will end up paying the cost.

BY JENNIFER GILLESPIE

The push is on to get more people volunteering at Waterloo Region.

At a press conference on Oct. 2, the Waterloo and Wellington Community Foundation (WCCF) and the Cambridge and North Branch Community Foundation (CNBCF) released its fourth annual Waterloo Region's Vital Signs Priority Report.

The report was prepared by developed in Toronto by the Waterloo Community Foundation in 2001. In 2007, both the WCCF and the CNBCF teamed up preparing a report on the quality of life in Waterloo Region based on 11 key areas including environment and the gap between rich and poor.

The press is addition to releasing the report, which focuses currently four key areas:

—Belonging and Leadership, Arts and Culture, Growing Stronger Communities and

Health and Well-being — the two organizations created a new website to connect donors and volunteers with non-profit and charitable organizations that do good work in the region.

The Centre for Community Knowledge website, www.cckw.ca, offers varied examples of the community first, followed by text explaining what the center is and what it offers. It is hoped that those wishing to get involved will find it a great

way to learn about volunteer opportunities and for donors to learn about worth while causes.

Rosemary North, CEO of the WCCF, spoke at the press conference about the program and its focus. North was quick to point out that without volunteers, programs such as the Random Act of Kindness Day couldn't happen.

"Community is so important, we've gone from eight volunteer in our 100," North said. "It is more (left) in some ways, it just wouldn't happen."

"One of the first lessons is getting started, which leads to ensuring our children get a good start in education."

Michelle Denison, executive director of Strong Start, a reading program dedicated to improving all children's lives to read, spoke about strong starts in our community and how important it is to ensure volunteers and financial support.

Denison also talked about the over 1,500 children helped last year by over 1,000 volunteers.

There are approximately 15,000 non-profit and charitable organizations in Waterloo Region and as a volunteer looking to give back, or a donor looking to help, it can be difficult to decide where and how to do so.


The community now has a place to go, whether you're a donor or volunteer. For more information visit www.cckw.ca, www.wccf.ca or www.cnbcf.ca

PUMPING IRON AT THE CONESTOGA GYM



PHOTO BY BRAD COHENMAN

Just off a second-year swimming stint at Conestoga College, into the gym on Oct. 5, the first day back after a busy-fall Thanksgiving weekend spent in Kitchener with his family.



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OCTOBERFEST CELEBRATED IN CAMBRIDGE

PHOTO BY BOB MENDONSA

For photo: Cambridge celebration at Cambridge City Hall on Oct. 24 included the raising of a maypole.

Left: Cambridge Mayor Doug Goff (left) and Mayor Neil Winter enjoy a glass of beer at Oktoberfest at City Hall.

TURKEY TIME AT CONESTOGA'S CAMPUSES



PHOTO BY JENNIFER GAGNON

Chief Eric Wood cuts one of the 20 birds cooked for Thanksgiving at Conestoga's campus. The birds are served in the Atrium Cafe at the Cambridge campus and the main cafeteria at Owen on Oct. 4.

In a car accident? Here's what to do

BY BOB MENDONSA

Whether in just around the corner and with it comes the lawsuits and slippery roads that drive are the most let of our accidents. No one ever wants to be involved in an accident but for those who are, the damage and costs you take immediately following that fateful meeting of metal could be important to your safety and your wallet.

Collisions happen every day around the city, sometimes just blocks from your home, in among a lot of stress and confusion. Knowing what to do can lessen the effects and alleviate a lot of that stress.

The word "accident" isn't really an accurate term for a collision, since 90 per cent of all accidents are preventable, and are either caused by drivers or even caused by drivers taking to blame for your weather conditions, and Old Holland spokesperson for Western Regional Police. But once that collision does happen, there are some important steps that should be taken, especially if you or someone in your vehicle is injured.

"The first thing people should be concerned with is their safety. If they are injured or a passenger in their vehicle is injured, call 911 immediately, so that help can be dispatched as soon as possible," said Holland.

Drivers should notify police if damage to their vehicle is over \$1,000. If drivers aren't sure whether they need police assistance, call the dispatch centre and explain your situation and they can advise you on what you should do.

If it's safe to do so, move your vehicle over to the side of the road, turn on your hazard lights and, regard less of the circumstances, never admit fault for the collision or assign blame to the other driver. Never sign anything regarding fault, or make any promises to pay for damages and Holland.

Once you are safe or the vehicle can not moving any traffic problems, record all the details of the collision including the time, date and location, speed of your vehicle and weather and road conditions. Draw a little sketch of the collision showing position of the vehicles traffic lights etc.

If your cellphone has a camera take pictures of the scene.

Remember that you have exchanged information with the other parties and if there are witnesses get their names and phone numbers. Don't ever drive away without that information.

Shelvan Averb, spokesperson for CNA South Central Ontario, said that an accident must be reported to a collision centre within 24 hours if damage is greater than \$1,000, the police were not present at the scene, or if damage is minor and you can drive your car to the collision centre.

According to Tim Hickey, vice-president of Home and Auto, EICO Insurance, drivers should also call their insurance company right away, as a licensed insurance professional can handle the accident claim.

44 The first thing people should be concerned with is their safety. 77

— Old Holland

"Being in a car accident is an unwelcome experience so it's easy to lose focus in the moments afterwards. However, if prepared, there are a few things that should be done immediately following a collision," he said.

Hickey also said drivers should authorize repairs immediately. Insurance adjusters can order drivers to repair body where the repair comes with a guarantee, so don't just go to the cheapest auto body shop you can find — they are usually cheap for a reason.

Western Regional Police offer a complete documentable and printable pamphlet that drivers can carry in their glove box and that guides a driver step by step immediately following a collision. It, as well as some other handy information, can be found on their website at www.wrp.on.ca and traffic road safety division reporting.

Always all drive carefully and always pay attention to your surroundings. Also allow plenty of time to arrive at your destination and never use talk or text on your cellphone while driving.